

Cookbook for Fall Creek Elementary

Created by HPS Menu Planner

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ASSORTED CEREAL BARS

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Strawberry Cheerios Bar

Cinnamon Toast Bar

Cocoa Puffs Bar

Big Daddy Cheese Pizza

Broccoli

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Banana

Canned Mandarin Oranges

Stuffed Hashbrown

ASSORTED POP TARTS

Apple

Strawberry PopTart

Blueberry PopTart

Cinnamon PopTart

Fudge PopTart

Mashed Potato Chicken Bowl

Corn

Veggie Pack cucumber / carrots

Pancake with Sausage

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-40135 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PANCAKE MINI CONFET 72-3.03Z EGGO | 1 Package | | 395303 |
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 1 Each | | 184970 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 280.00 | | |
| Fat | 11.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 90.00mg | | |
| Carbohydrates | 36.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 10.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.36mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED NUTRIGRAIN BARS

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41459 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Strawberry Nutrigrain Bar

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41374 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BAR STRAWB WGRAIN 96CT NUTRIGRAIN | 1 Each | | 209761 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 150.00 |
| Fat | 3.50g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 150.00mg |
| Carbohydrates | 30.00g |
| Fiber | 3.00g |
| Sugar | 14.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 140.00mg | Iron 1.90mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Apple Cinnamon Nutrigrain Bar

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41373 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN | 1 Each | | 209741 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 150.00 |
| Fat | 3.50g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 135.00mg |
| Carbohydrates | 30.00g |
| Fiber | 3.00g |
| Sugar | 14.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 140.00mg | Iron 1.90mg |

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Nutrition - Per 100g

No 100g Conversion Available

Blueberry Nutrigrain Bar

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41372 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN | 1 Each | | 498170 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 150.00 |
| Fat | 3.50g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 135.00mg |
| Carbohydrates | 30.00g |
| Fiber | 3.00g |
| Sugar | 14.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 140.00mg | Iron 1.90mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets 10 pc

| | | | |
|----------------------|-------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 10.00 Piece | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40105 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5 | 10 Each | CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes. | 394053 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Piece

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 257.14 |
| Fat | 12.86g |
| SaturatedFat | 2.14g |
| Trans Fat | 0.00g |
| Cholesterol | 57.14mg |
| Sodium | 485.71mg |
| Carbohydrates | 14.29g |
| Fiber | 1.43g |
| Sugar | 0.00g |
| Protein | 22.86g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 0.00mg | Iron 1.43mg |

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Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40170 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR | 1 Each | | 330497 |
| CHEESE AMER 160CT SLCD R/F R/SOD 6-5 | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 189071 |
| 4" Wg Rich Hamburger Bun | 1 bun | BAKE Toast if desired | 3474 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 415.00 |
| Fat | 18.00g |
| SaturatedFat | 9.25g |
| Trans Fat | 0.00g |
| Cholesterol | 7.50mg |
| Sodium | 705.00mg |
| Carbohydrates | 35.00g |
| Fiber | 5.00g |
| Sugar | 4.00g |
| Protein | 27.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 104.50mg | Iron 8.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40164 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 3 Ounce | | 689541 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 150260 |
| 4" Wg Rich Hamburger Bun | 1 bun | BAKE Toast if desired | 3474 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 277.76 | | |
| Fat | 7.53g | | |
| SaturatedFat | 3.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 53.88mg | | |
| Sodium | 920.52mg | | |
| Carbohydrates | 26.00g | | |
| Fiber | 2.00g | | |
| Sugar | 3.50g | | |
| Protein | 26.62g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 87.50mg | Iron | 8.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40175 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|---|------------|
| TURKEY BRST DCD 2-5 | 1 Ounce | | 451300 |
| TURKEY HAM DCD 2-5 JENNO | 1 Ounce | READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat". | 202150 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Tablespoon | READY_TO_EAT Preshredded. Use cold or melted | 150250 |
| LETTUCE ROMAINE CHOP 6-2 RSS | 1 Cup | | 735787 |
| TOMATO ROMA DCD 3/8 2-5 RSS | 1 Ounce | | 786543 |
| PEPPERS GREEN LRG 5 MRKN | 1 Slice | | 592315 |
| EGG HARD CKD PLD DRY PK 12- 12CT PAP | 1/2 Each | | 853800 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.180 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.300 |
| OtherVeg | 0.130 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|--------------------------|--------------------------|
| Calories | 127.44 |
| Fat | 6.04g |
| SaturatedFat | 2.72g |
| Trans Fat | 0.00g |
| Cholesterol | 115.99mg |
| Sodium | 342.35mg |
| Carbohydrates | 5.39g |
| Fiber | 1.65g |
| Sugar | 2.67g |
| Protein | 13.32g |
| Vitamin A 68.91IU | Vitamin C 15.64mg |
| Calcium 82.11mg | Iron 2.46mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pizza Pack

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40165 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| FLATBREAD W/GRAIN 4 192-1Z RICH | 2 Each | THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad! | 959048 |
| PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO | 15 Slice | | 276662 |
| CHEESE MOZZ SHRD 4-5 LOL | 1/8 Cup | READY_TO_EAT Preshredded. Use cold or melted. | 645170 |
| SAUCE MARINARA DIPN CUP 84-2.5Z REDG | 1 Each | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 677721 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.656 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 359.07 |
| Fat | 13.23g |
| SaturatedFat | 3.52g |
| Trans Fat | 0.00g |
| Cholesterol | 53.25mg |
| Sodium | 1179.05mg |
| Carbohydrates | 38.79g |
| Fiber | 2.00g |
| Sugar | 9.66g |
| Protein | 21.87g |
| Vitamin A 0.20IU | Vitamin C 0.06mg |
| Calcium 162.87mg | Iron 2.86mg |

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Nutrition - Per 100g

No 100g Conversion Available

Carrots

| | | | |
|----------------------|---|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40414 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE 4-5 RSS | 2 1/2 Ounce | | 768146 |

Preparation Instructions

Steam carrots, no lid, until it reaches and internal temperature of at least 155 F. Serve 4oz scoop of cooked carrots.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 28.89 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 48.89mg | | |
| Carbohydrates | 6.67g | | |
| Fiber | 2.22g | | |
| Sugar | 3.33g | | |
| Protein | 0.56g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 22.22mg | Iron | 0.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack Celery / Tomatoes

| | | | |
|----------------------|--------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40154 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| CELERY STIX 4-3 RSS | 1/4 Cup | | 781592 |
| TOMATO CHERRY 10 MRKN | 1/4 Cup | | 169275 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 14.25 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 41.75mg | | |
| Carbohydrates | 3.00g | | |
| Fiber | 1.50g | | |
| Sugar | 2.00g | | |
| Protein | 0.75g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 22.50mg | Iron | 0.09mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Roll

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40081 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--------------------------------|------------|
| Whole Grain Rich Clustered Pan Rolls | 1 roll | BAKE Toast to desired color | 3920 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 80.00 | | |
| Fat | 1.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 135.00mg | | |
| Carbohydrates | 15.00g | | |
| Fiber | 0.00g | | |
| Sugar | 2.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Egg, Cheese & Pretzel Bento Box

| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-43143 |
| School: | Riverside Intermediate | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------------------|------------|
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | READY_TO_EAT Ready to eat. | 786580 |
| EGG HARD CKD PLD DRY PK 12-12CT PAP | 1 Each | | 853800 |
| PRETZEL HEARTZELS 104-0.7Z ROLD GOLD | 1 Package | READY_TO_EAT Ready to Eat | 893711 |
| CRACKER PRESIDENTS SMART 120-1Z | 1 Ounce | | 159381 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 350.00 |
| Fat | 16.00g |
| SaturatedFat | 5.50g |
| Trans Fat | 0.00g |
| Cholesterol | 190.00mg |
| Sodium | 520.00mg |
| Carbohydrates | 41.00g |
| Fiber | 4.00g |
| Sugar | 9.00g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 255.00mg | Iron 2.80mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mini Bagel & Strawberry Cream Cheese

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-40569 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BAGEL MINI STRAWB CRM CHS IW 72-2.43Z | 1 Each | HEAT_AND_SERVE Heat and serve, warm and serve in warming unit or thaw and serve. See the package for full instructions READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes. | 401034 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 230.00 |
| Fat | 6.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 190.00mg |
| Carbohydrates | 42.00g |
| Fiber | 2.00g |
| Sugar | 13.00g |
| Protein | 6.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.60mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mini Bagel & Cinnamon Cream Cheese

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-40570 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| BAGEL MINI CINN CRMY CHS IW 72- 2.43Z | 1 Each | <p>HEAT_AND_SERVE Heat & Serve: Heat frozen Bagels in ovenable pouch Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 8-9 minutes* Conventional Oven 13-14 minutes* Consume within 6 hours of preparing *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. · Warming Unit: Preheat Warming Unit to 150°F. Heat for 105 minutes. · Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 120 minutes prior to serving.</p> <p>READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.</p> | 401042 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 230.00 |
| Fat | 6.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 190.00mg |
| Carbohydrates | 42.00g |
| Fiber | 2.00g |
| Sugar | 13.00g |
| Protein | 6.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

ASSORTED CEREAL

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41457 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Orange

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40525 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| ORANGES NAVEL/VALENCIA FCY 138CT MRKN | 1 Each | | 198021 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|---------------------------|--------------------------|
| Calories | 44.10 |
| Fat | 0.25g |
| SaturatedFat | 0.05g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 0.00mg |
| Carbohydrates | 10.50g |
| Fiber | 2.25g |
| Sugar | 0.00g |
| Protein | 0.95g |
| Vitamin A 207.00IU | Vitamin C 43.65mg |
| Calcium 36.00mg | Iron 0.08mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheerios Cereal

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41382 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|------------------------------|------------|
| CEREAL CHEERIOS WGRAIN BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat | 264702 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 100.00 |
| Fat | 2.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 140.00mg |
| Carbohydrates | 21.00g |
| Fiber | 3.00g |
| Sugar | 1.00g |
| Protein | 4.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 60.00mg | Iron 9.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41379 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|------------------------------|------------|
| CEREAL CINN TOAST R/S BWL 96CT GENM | 1 Each | READY_TO_EAT Ready To Eat | 365790 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 100.00 |
| Fat | 2.50g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 160.00mg |
| Carbohydrates | 22.00g |
| Fiber | 4.00g |
| Sugar | 6.00g |
| Protein | 1.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 60.00mg | Iron 1.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Froot Loops Cereal

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41378 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| CEREAL FROOT LOOPS R/S BWL 96-1Z KELL | 1 Each | | 283620 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 100.00 | | |
| Fat | 0.50g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 170.00mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 2.00g | | |
| Sugar | 8.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.80mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Rice Chex Cereal

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41381 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|------------------------------|------------|
| CEREAL RICE CHEX WGRAIN BWL 96CT GENM | 1 Package | READY_TO_EAT Ready to Eat | 268711 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 109.20 |
| Fat | 0.60g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 229.60mg |
| Carbohydrates | 24.00g |
| Fiber | 1.10g |
| Sugar | 2.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 92.40mg | Iron 8.82mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Walking Tacos

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40253 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 Ounce | BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. | 722330 |
| CHIP TORTL TOP N GO WGRAIN 44-1.4Z | 1 Package | READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy | 818222 |
| SAUCE CHS QUESO BLANCO FZ 6-5 JTM | 2 Ounce | BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned. | 722110 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.150 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 415.70 |
| Fat | 21.33g |
| SaturatedFat | 8.49g |
| Trans Fat | 0.01g |
| Cholesterol | 62.12mg |
| Sodium | 880.41mg |
| Carbohydrates | 33.73g |
| Fiber | 4.99g |
| Sugar | 1.89g |
| Protein | 22.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 250.00mg | Iron 0.60mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Baked Beans

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39660 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| BEAN BAKED VEGTAR 6-10 BUSH | 1/2 Cup | | 570710 |

Preparation Instructions

Place beans in hotel pan and heat in Combi steamer, uncovered, until reaching a minimum temperature of 165F.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 150.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 550.00mg | | |
| Carbohydrates | 30.00g | | |
| Fiber | 5.00g | | |
| Sugar | 12.00g | | |
| Protein | 7.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 50.00mg | Iron | 1.90mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 132.28 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 485.02mg | | |
| Carbohydrates | 26.46g | | |
| Fiber | 4.41g | | |
| Sugar | 10.58g | | |
| Protein | 6.17g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 44.09mg | Iron | 1.68mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mixed Green Salad

| | | | |
|----------------------|-----------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-39544 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE 3 REVFRM | 1 Cup | | 583371 |
| CUCUMBER SELECT 6CT MRKN | 1/8 Slice | | 592323 |
| TOMATO GRAPE SWT 10 MRKN | 3 Each | | 129631 |

Preparation Instructions

Combine all ingredients.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.200 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 6.14 | | |
| Fat | 0.08g | | |
| SaturatedFat | 0.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.70mg | | |
| Carbohydrates | 1.33g | | |
| Fiber | 0.41g | | |
| Sugar | 0.95g | | |
| Protein | 0.30g | | |
| Vitamin A | 281.58IU | Vitamin C | 4.64mg |
| Calcium | 3.44mg | Iron | 0.09mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack red pepper / broccoli

| | | | |
|----------------------|-----------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-39712 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| PEPPERS RED DOMESTIC 23 MRKN | 1/4 Cup | | 560715 |
| BROCCOLI CRWN ICELESS 20 MRKN | 1/4 Cup | | 704547 |

Preparation Instructions

Slice Red Peppers and cut Broccoli into bitesize pieces. Combine in a baggie.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41 DEGREES F

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.250 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | |
|----------------------------|--------------------------|
| Amount Per Serving | |
| Calories | 17.23 |
| Fat | 0.13g |
| SaturatedFat | 0.03g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 8.20mg |
| Carbohydrates | 4.00g |
| Fiber | 1.00g |
| Sugar | 2.00g |
| Protein | 0.95g |
| Vitamin A 1141.67IU | Vitamin C 78.43mg |
| Calcium 13.75mg | Iron 0.32mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Canned Pineapple

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40535 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|------------------------------|------------|
| PINEAPPLE TIDBITS IN JCE 6-10 DOLE | 1/2 Cup | READY_TO_EAT Ready to Eat | 509221 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 70.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 16.00g | | |
| Fiber | 1.00g | | |
| Sugar | 15.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.40mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 61.73 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 14.11g | | |
| Fiber | 0.88g | | |
| Sugar | 13.23g | | |
| Protein | 0.88g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.35mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Egg, Cheese & Pretzel Bento Box

| | | | |
|----------------------|--------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40169 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------------------|------------|
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | READY_TO_EAT Ready to eat. | 786580 |
| EGG HARD CKD PLD DRY PK 12-12CT PAP | 1 Each | | 853800 |
| PRETZEL HEARTZELS 104-0.7Z ROLD GOLD | 1 Package | READY_TO_EAT Ready to Eat | 893711 |
| CRACKER PRESIDENTS SMART 120-1Z | 1 Ounce | | 159381 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 350.00 |
| Fat | 16.00g |
| SaturatedFat | 5.50g |
| Trans Fat | 0.00g |
| Cholesterol | 190.00mg |
| Sodium | 520.00mg |
| Carbohydrates | 41.00g |
| Fiber | 4.00g |
| Sugar | 9.00g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 255.00mg | Iron 2.80mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-40136 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| MUFFIN ENG WGRAIN SLCD 2Z 12-12CT | 1 Each | READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate. | 687131 |
| EGG SCRMBD PTY RND GRLLD 144-1Z PAP | 1 Each | | 208990 |
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 1 Each | | 184970 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 150260 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.250 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 280.00 |
| Fat | 13.50g |
| SaturatedFat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 117.50mg |
| Sodium | 675.00mg |
| Carbohydrates | 23.00g |
| Fiber | 1.00g |
| Sugar | 1.50g |
| Protein | 18.00g |
| Vitamin A 32.73IU | Vitamin C 0.01mg |
| Calcium 186.50mg | Iron 1.96mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-41462 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| ROUND BKFST UBR 140-2.5Z RICH | 1 Each | BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN. | 794230 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 244.40 | | |
| Fat | 6.40g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.05g | | |
| Cholesterol | 7.00mg | | |
| Sodium | 201.30mg | | |
| Carbohydrates | 42.00g | | |
| Fiber | 6.50g | | |
| Sugar | 16.00g | | |
| Protein | 4.80g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.36mg | Iron | 1.54mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples

| | | | |
|----------------------|-----------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40522 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|----------------------|------------|
| APPLE FRSH SLCD 4-3 | 1/2 Cup | | 792382 |
| APPLE FRSH SLCD 100-2Z P/L | 1 Package | BAKE READY_TO_EAT | 473171 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 96.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 25.00g | | |
| Fiber | 5.00g | | |
| Sugar | 19.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 100.00IU | Vitamin C | 24.80mg |
| Calcium | 20.00mg | Iron | 0.36mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40254 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|---|------------|
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7 | 1 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 558061 |
| 4" Wg Rich Hamburger Bun | 1 bun | BAKE Toast if desired | 3474 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 3.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 380.00 |
| Fat | 15.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 690.00mg |
| Carbohydrates | 40.00g |
| Fiber | 5.00g |
| Sugar | 4.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 41.00mg | Iron 10.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Fries

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41463 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| FRIES SWT POT DP GROOVE 7/16 6-2.5 | 4 Ounce | DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES. | 628100 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 213.33 | | |
| Fat | 8.00g | | |
| SaturatedFat | 1.33g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 320.00mg | | |
| Carbohydrates | 32.00g | | |
| Fiber | 1.33g | | |
| Sugar | 9.33g | | |
| Protein | 1.33g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 0.67mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 188.13 | | |
| Fat | 7.05g | | |
| SaturatedFat | 1.18g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 282.19mg | | |
| Carbohydrates | 28.22g | | |
| Fiber | 1.18g | | |
| Sugar | 8.23g | | |
| Protein | 1.18g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 35.27mg | Iron | 0.59mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Veggie Pack Broccoli Cauliflower

| | | | |
|----------------------|--------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40145 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| BROCCOLI CRWN ICELESS 20 MRKN | 1/4 Cup | | 704547 |
| CAULIFLOWER REG CUT 2-3 RSS | 1/4 Cup | | 732494 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.250 |
| RedVeg | 0.000 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|---------------------------|--------------------------|
| Calories | 13.98 |
| Fat | 0.13g |
| SaturatedFat | 0.08g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 15.00mg |
| Carbohydrates | 2.50g |
| Fiber | 1.10g |
| Sugar | 1.00g |
| Protein | 1.15g |
| Vitamin A 141.73IU | Vitamin C 32.34mg |
| Calcium 16.19mg | Iron 0.27mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberries

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40528 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| STRAWBERRY WHL IQF 4-5 GCHC | 1/2 Cup | | 244630 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 22.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 5.50g | | |
| Fiber | 1.50g | | |
| Sugar | 3.50g | | |
| Protein | 0.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.00mg | Iron | 0.50mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Chocolate Chip Overnight Oats

| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 25.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-42638 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--|--|------------|
| OATS HEARTY KETTLE HOT 12-47Z QUAK | 2 Quart 1 Pint (10 Cup) | | 467278 |
| MILK WHT FF 4-1GAL RGNLBRND | 1 Quart 3/4 Cup (4 3/4 Cup) | | 557862 |
| SUGAR BROWN LT 12-2 P/L | 6 Fluid Ounce 1/2 Tablespoon (12 1/2 Tablespoon) | | 860311 |
| YOGURT VAN L/F 6-32Z DANN | 3 Quart 1 Pint 1/2 Cup (14 1/2 Cup) | | 541966 |
| CHOC CHIPS SMISWT 1000/ 4-4 GCHC | 1 Pound 9 Ounce (25 Ounce) | | 874523 |
| Strawberries, Diced, Cups, Frozen | 3 Quart 1/2 Cup (12 1/2 Cup) | THAW Thaw under refrigeration prior to serving. | 100256 |

Preparation Instructions

Make day before serving.

In a full size steam table pan, combine oats & brown sugar for a 25 serving batch.

Add milk and yogurt and stir to fully combine.

Cover tightly and hold oats base in refrigerator overnight.

Portion 1 cup of the oats base into #747943 plastic cup.

Layer 1 oz of the chocolate chips and top with .5 cup fruit

Place lid on top of the cup and store in refrigerator until serving.

Overnight oats base can be held for up to 3 days in refrigerator in an airtight container. Once topped for service, use within 24 hrs.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| Grain | 1.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 354.33 |
| Fat | 3.97g |
| SaturatedFat | 1.58g |
| Trans Fat | 0.00g |
| Cholesterol | 8.68mg |
| Sodium | 101.75mg |
| Carbohydrates | 70.21g |
| Fiber | 5.20g |
| Sugar | 42.84g |
| Protein | 10.99g |
| Vitamin A 94.96IU | Vitamin C 0.00mg |
| Calcium 281.06mg | Iron 1.29mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED CEREAL BARS

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41460 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Golden Grahams Bar

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41383 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|------------------------------|------------|
| BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z | 1 Each | READY_TO_EAT Ready to Eat | 265921 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 150.00 |
| Fat | 3.50g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 115.00mg |
| Carbohydrates | 30.00g |
| Fiber | 3.00g |
| Sugar | 9.00g |
| Protein | 2.00g |

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 250.00mg **Iron** 1.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Cheerios Bar

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41384 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|------------------------------|------------|
| BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z | 1 Each | READY_TO_EAT Ready to eat | 265931 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 160.00 |
| Fat | 3.50g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 95.00mg |
| Carbohydrates | 30.00g |
| Fiber | 3.00g |
| Sugar | 9.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 250.00mg | Iron 4.30mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Bar

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41386 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|------------------------------|------------|
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Each | READY_TO_EAT Ready to Eat | 265891 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 160.00 |
| Fat | 3.50g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 120.00mg |
| Carbohydrates | 30.00g |
| Fiber | 3.00g |
| Sugar | 8.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 230.00mg | Iron 1.70mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Puffs Bar

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41389 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|------------------------------|------------|
| BAR CEREAL COCOPUFF WGRAIN 96-1.42Z | 1 Each | READY_TO_EAT Ready to Eat | 265901 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 160.00 |
| Fat | 3.50g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 105.00mg |
| Carbohydrates | 30.00g |
| Fiber | 3.00g |
| Sugar | 9.00g |
| Protein | 3.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 260.00mg | Iron 1.90mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Cheese Pizza

| | | | |
|----------------------|---|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Slice | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40367 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| PIZZA CHS WGRAIN PRIMO 16 9-41.44Z | 1 Slice | BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion. | 575522 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 360.00 |
| Fat | 16.00g |
| SaturatedFat | 7.00g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 490.00mg |
| Carbohydrates | 35.00g |
| Fiber | 3.00g |
| Sugar | 9.00g |
| Protein | 21.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 441.00mg | Iron 2.10mg |

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli

| | | | |
|----------------------|---|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40417 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| BROCCOLI FLORETS 6-4 GCHC | 1/2 Cup | | 610902 |

Preparation Instructions

Steam broccoli, no lid, for 12 minutes and reaching a temp of at least 155 F.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 16.67 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 10.00mg | | |
| Carbohydrates | 3.33g | | |
| Fiber | 2.00g | | |
| Sugar | 0.67g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 23.33mg | Iron | 0.67mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack Carrots / Celery

| | | | |
|----------------------|-----------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40150 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE 4-5 RSS | 1/4 Cup | | 768146 |
| CELERY STIX 4-3 RSS | 1/4 Cup | | 781592 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 20.21 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 61.51mg | | |
| Carbohydrates | 4.43g | | |
| Fiber | 1.98g | | |
| Sugar | 2.47g | | |
| Protein | 0.74g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 29.78mg | Iron | 0.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Banana

| | | | |
|----------------------|-----------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40523 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BANANA TURNING SNGL 150CT 40 P/L | 1 Each | | 197769 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|---------|------------------|---------|
| Calories | 105.00 | | |
| Fat | 0.40g | | |
| SaturatedFat | 0.10g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.20mg | | |
| Carbohydrates | 27.00g | | |
| Fiber | 3.10g | | |
| Sugar | 14.00g | | |
| Protein | 1.30g | | |
| Vitamin A | 75.52IU | Vitamin C | 10.27mg |
| Calcium | 5.90mg | Iron | 0.31mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Canned Mandarin Oranges

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40537 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| ORANGES MAND WHL L/S 6-10 GCHC | 1/2 Cup | | 117897 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 90.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 10.00mg | | |
| Carbohydrates | 20.00g | | |
| Fiber | 0.00g | | |
| Sugar | 19.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 26.00mg | Iron | 1.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 79.37 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 8.82mg | | |
| Carbohydrates | 17.64g | | |
| Fiber | 0.00g | | |
| Sugar | 16.76g | | |
| Protein | 0.88g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 22.93mg | Iron | 0.88mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Stuffed Hashbrown

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-40585 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| HASHBRN STFD EARLY RISER 4-6 MCC | 1 Each | | 402126 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 230.00 | | |
| Fat | 11.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 70.00mg | | |
| Sodium | 450.00mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 3.00g | | |
| Sugar | 2.00g | | |
| Protein | 8.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 100.00mg | Iron | 1.10mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED POP TARTS

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41458 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Apple

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40521 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| APPLE GALA MI 138CT MRKN | 1 Each | | 569392 |
| APPLE DELICIOUS RED 1-138CT MRKN | 1 Piece | | 256662 |
| APPLE GRANNY SMITH 113CT MRKN | 1 Piece | | 582271 |
| APPLE DELIC GLDN 125-138CT MRKN | 1 Piece | | 597481 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | | | |
|---------------------------|----------|------------------|---------|
| Amount Per Serving | | | |
| Calories | 269.80 | | |
| Fat | 0.60g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 3.90mg | | |
| Carbohydrates | 72.00g | | |
| Fiber | 12.30g | | |
| Sugar | 52.00g | | |
| Protein | 0.90g | | |
| Vitamin A | 207.36IU | Vitamin C | 17.67mg |
| Calcium | 23.04mg | Iron | 0.45mg |

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Nutrition - Per 100g

No 100g Conversion Available

Strawberry PopTart

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41392 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN STRAWB 120-1CT | 1 Piece | | 695890 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 170.00 |
| Fat | 2.50g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 115.00mg |
| Carbohydrates | 36.00g |
| Fiber | 3.00g |
| Sugar | 14.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 130.00mg | Iron 1.80mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Blueberry PopTart

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41398 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN BLUEB 120-1CT | 1 Each | | 865131 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 180.00 |
| Fat | 2.50g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 180.00mg |
| Carbohydrates | 38.00g |
| Fiber | 3.00g |
| Sugar | 15.00g |
| Protein | 2.00g |
| Vitamin A 500.00IU | Vitamin C 0.00mg |
| Calcium 100.00mg | Iron 1.80mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon PopTart

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41390 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 120-1CT | 1 Piece | | 695880 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 190.00 |
| Fat | 3.00g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 200.00mg |
| Carbohydrates | 38.00g |
| Fiber | 3.00g |
| Sugar | 16.00g |
| Protein | 2.00g |
| Vitamin A 500.00IU | Vitamin C 0.00mg |
| Calcium 100.00mg | Iron 1.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fudge PopTart

| | | | |
|----------------------|--------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41334 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each | | 452062 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 170.00 |
| Fat | 3.00g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 120.00mg |
| Carbohydrates | 36.00g |
| Fiber | 3.00g |
| Sugar | 15.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 130.00mg | Iron 1.80mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potato Chicken Bowl

| | | | |
|----------------------|--------------------------|-----------------------|-------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-40188 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| POTATO PRLS EXCEL 12-28Z BAMER | 1/2 Cup | RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 613738 |
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 12 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 327120 |
| GRAVY CHIX RSTD 12- 49Z HRTHTSTN | 1/4 Cup | HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching. | 516309 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/14 Cup | READY_TO_EAT Preshredded. Use cold or melted | 150250 |

Preparation Instructions

In a 1LB boat, add 1/2 cup (#8) scoop mashed potatoes. Top with 12 pc popcorn chicken, offer 1/4 cup corn, 1/4 cup gravy, garnish with 1/2 oz (weight) shredded cheddar.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.250 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 1.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 475.80 |
| Fat | 19.52g |
| SaturatedFat | 4.68g |
| Trans Fat | 0.00g |
| Cholesterol | 28.40mg |
| Sodium | 1543.20mg |
| Carbohydrates | 52.28g |
| Fiber | 5.00g |
| Sugar | 1.00g |
| Protein | 20.68g |
| Vitamin A 109.00IU | Vitamin C 0.00mg |
| Calcium 114.72mg | Iron 2.78mg |

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Nutrition - Per 100g

No 100g Conversion Available

Corn

| | | | |
|----------------------|---|-----------------------|------------------|
| Servings: | 2.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40418 |
| School: | Hamilton Southeastern High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| CORN CUT SUP SWT RSTD 20 FLVRPK | 1/2 Cup | | 319202 |
| CORN CUT SWT 6-4 GCHC | 1/2 Cup | | 610782 |

Preparation Instructions

Prepare one of the corn options, 4oz per serving. Steam corn, no lid, until a temperature of at least 155 F is reached.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.500 |

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 37.31 | | |
| Fat | 0.37g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 7.84g | | |
| Fiber | 0.75g | | |
| Sugar | 1.49g | | |
| Protein | 0.75g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack cucumber / carrots

| | | | |
|----------------------|-----------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-39683 |
| School: | Brooks School Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| CUCUMBER SELECT 6CT MRKN | 1/4 Cup | | 592323 |
| CARROT BABY WHL PETITE 4-5 RSS | 1/4 Cup | | 768146 |

Preparation Instructions

Slice Cucumber and Red Peppers. Combine in a Veggie Pack.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41 DEGREES F

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 16.28 | | |
| Fat | 0.03g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 24.50mg | | |
| Carbohydrates | 3.81g | | |
| Fiber | 1.18g | | |
| Sugar | 1.90g | | |
| Protein | 0.35g | | |
| Vitamin A | 13.65IU | Vitamin C | 0.37mg |
| Calcium | 13.10mg | Iron | 0.04mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
